

## Help Prevent Skin Cancer

## Did you know...

Skin Cancer is the most commonly diagnosed cancer in the United States. The biggest risk for skin cancer is unprotected exposure to the sun during childhood.

Most skin cancer is preventable. Take these easy steps to protect yourself.





- Limit the amount of time you spend in the sun, especially between 10 AM and 4 PM.
- Use sunscreen with an SPF of 15 or higher.
- Dress in wide-brimmed hats, long sleeved shirts, long shorts or pants and sunglasses.
- Stay in the shade or under an umbrella whenever possible.

## For more information please contact:



For more information please contact:
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